



Parent Engagement

HEALTHY SUMMER KICKOFF was the focus of this month's parent engagement activity. HS parents and children thoroughly enjoyed all the gross motor activities. Keeping parents engaged in physical activities with their children is key! As a parent, you have an important role in shaping your children's physical activity. Remember to make physical activity part of your family's daily routine such as designating time for family walks or playing active games together.

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Summer Safety Tips



Beat the heat and sun

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

- ⇒ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- ⇒ Dress infants and children in loose, lightweight, light-colored clothing.
- ⇒ Schedule outdoor activities carefully, for morning and evening hours.
- ⇒ Stay cool with cool showers or baths.

Seek medical care immediate if your child has symptoms of heat-related illness.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they are outdoors.

- ⇒ Cover up. Clothing that covers you and your child's skin helps protect against UV rays.
- ⇒ Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

S.A.L.S.A / Kite Festival

The members of the Head Start Policy Council and staff members participated in the S.A.L.S.A / Kite Festival on Saturday, June 4 at the South Common Park. Lawrence residents came out to learn more about the various services available across the city. Parents and children also enjoyed dancing, live music, and even face painting.



Farewell!!

On June 24, HS staff had a surprise farewell party for Daniela Roubicek, Health Advocate. Working with Dani through the years has been a privilege, and her knowledge has been a benefit to everyone. We wish Dani all the best!



Please join us as we welcome our new HS Staff: Brenda Torres (On-Call Substitute), Carmen Aponte (On-Call Substitute), Jisell Difo (On-Call Substitute) and Kimberlie Alvarado (Center Administrative Assistant).

Policy Council Dinner

Head Start's Policy Council held their annual dinner on June 28 at Tekila's Mexican Restaurant in Methuen. Head Start staff present: Rony Adams (Division Director of Early Learning), Juana Brito (Family Community Engagement Manager); Tara Fitzgibbons (Education Manager); Lynnett Cora (CMS) and Angela Grullon (Senior Administrative Assistant).



Quote of the Month

"All your dreams can come true if you have the courage to pursue them."

-- Walt Disney

• If you would like to share any pertinent information through the monthly newsletter, please email: agrullon@glcac.org. If sending photos, please ensure that children in the photos have a photo release form signed by their parent in their file. All photos send via email, must be in a jpeg form. Thank you!